

Dear Mr. Hall
Dear Mr. Hall you will forgive
me not to say at length all that I have
done of you would
be like over to you.

"Good afternoon."

Took up sets & place them according
to what grade they are suitable.
Set partner - & took up 1 skilled game.
Have party - with them if possible.

Swimming.

Oct. 3rd - Values of Swimming 1. Recreational.
2. Physiological.
3. Educational.
4. Safety.

Oct. 10th - History - Brief Notes.

First Objective - overcoming fear.
A. Fear of getting water inside.
B. " of non-support.

" 17. - Methods of Teaching - The Kindest heteri method.
1. Breathing - techniques for overcoming difficulties.
2. Relaxation - difficulty thinking u R. relaxed.

" 24 - Progression in Teaching Crawl (modified)

" 31 - " " " " (Cont'd)

Nov 7 - What to do in deep water.

" 14 - Progression modified crawl
Sculling - flutter kick on back.

" 21 - Bunk Method of teaching beginners.

" 28 - Extended swimming period (no theory)

Dec 5 - Life Saving Movies.

" 12 - Analysis of Crawl Stroke.

" 19 - " " Reset "

Ornamental Swimming.

A.

B.

C.

Team element - 16 swimmers. 2, 3, 4, etc swimmers. Floating form. Stunts & moving thru water. in formation

16 swimmers lined up at side or end.

1. Breast into O. slow, rhymical pace - often called person swimming.

2. Face centre & tread water on signal from leader.

3. On another signal - surface due to (Come up heads joined.)

4. Arms go up over head & float on Bk. & 4cts.

5. Fountain - moves in out to change O.

Sculling & glide out to part.

6. On sign. 1's do leap frog over part. - then all 2 breast C.C.-W. then 3's. Hello. 3x.

7. Close O in so toes of in front toes and waist. Person crawl. No L. action.

8. At def. place leader lead off swim crawl 2m. then ready for section B or Stunt.

judgen - Count Stroke.

Side Strike kick & crawl arm.

Turnable - useful for women in place of crawl
Breathing same as crawl. - Steady.

Body roll from side to side a characteristic
of judgen stroke.

Holding breath will cause interferences &
tension. Inhale during swim kick & exhale
that nose during front, face and. po.
Kicker kick.

1. Upper L moves fwd & moves slightly as body
balances.
2. Faster fwd progress & speed occurs
during the side stroke kick.

Truappon Train.

Side stroke kick followed by flutter
kicks - teach and use discriminatingly.

1. Have everyone wear robe in swimming.
2. Check everyone in and out of water.
3. Take seconds at various places so all swimmers can be seen.
4. Swap according to ability.
5. Few swimmers need good color cap.
6. Have limited area for swimming.
7. 7:30 or 8:00 before eating our bags & fotoged.
8. Coach instructor.
9. With dip enough to dive - 7' for water board. Lucy did 10'.
10. 7:30 or 8:00 have a boat for rescue.
11. Long for 500 pool.
12. If you need to diving board.
13. The second dock line.
14. Have shallow water for this.
15. Limited no or right.
16. No one swims alone.
17. Wait to go in at definite signal & come out at signal.
18. Shutter board.
19. Casts.
20. Water wings.
21. Lake tire.
22. Fly to dive for.
23. Bobs for distance.
24. 4 lengths of good old dock line.
25. Lake trap.

9. Springs for sailing

Section

Pactical Work

Part I - Couples

1. Standing position
2. Breast stroke > surface due to out of breath > breast stroke to shallow end
3. Wall crawl
4. Optional start

By Supt. Swimming - Water Sports & Safety - Chp. 8.
Read carefully & summarize ²³⁵⁻²⁷⁴

Instructions to Lifeguard Life Guards

Given to all lifeguards who are concerned

1. Expected to be in uniform, ready for work at eight times
2. No. of 2 life guards - If relieved period of 5 mins. overlap
3. No one on duty may leave until relieved or until last person completely out of water
4. All doors leading to indoors & spirit gallery must be locked by instructor ^{up to} off duty
5. Not more than 1000 ft. from shore safety point & at slack times
6. Definite procedure for accidents & emergencies
7. written copy, 1 gal. of water to Life Guards
8. 3 whistles - "Please Get Out."

10. Check Pool Office & attendance w/ our I's
11. " " slender & dressy rooms
12. " lounge soap suits yourself
13. No food or in pool - no gun chewing
14. Check toilet room to be placed
15. " 2 c if detergent applied to daily
16. Tide condition of only paper used
17. Sew system for club room quickly
18. Person going off duty take care of damp turb, etc.
19. During the swimming periods special attention to swimming at camp, 1 counselor - play some role for lifeguards
20. Water not made by law of 6" letter
21. To avoid accidents strong details - crossways
22. Top girls not allowed in pool unless organized & supervised - No life time permitted ^{no life} _{water} - girls
23. Children players & play pools not enter for ^{water}
24. Beginner's to take special swimming class ^{water}

Below are the main steps of what is
the basic sequence.

Can back

Then move to the front of the action

1. Kick either straight forward
2. Step the knee up
3. Kick the other leg forward
4. Step forward slightly - knee bent back
5. Kick the knee - kick bending step
6. Step forward and kick the pedal forward
7. Step the knee up to the side. (Knee bent)
8. Kick forward from the side (knee bent forward)
9. Kick the knee up by bending slightly
10. The always end with an openning fall

Follow through - knee up.

Remember to hold on for the last
kick - knee will be weak.

11. Do the same steps when returning
all your points.
12. If you have scored enough points
you can stop.

11. 2 types of rock bodies possess great potential
with many

12. Rocky material to great extent of base
has been down cut & acting of gage
about 4-6' low surface

13. Is not a typical of the
Building stone bedded - Or extensive
of the bedrock - for a difference.